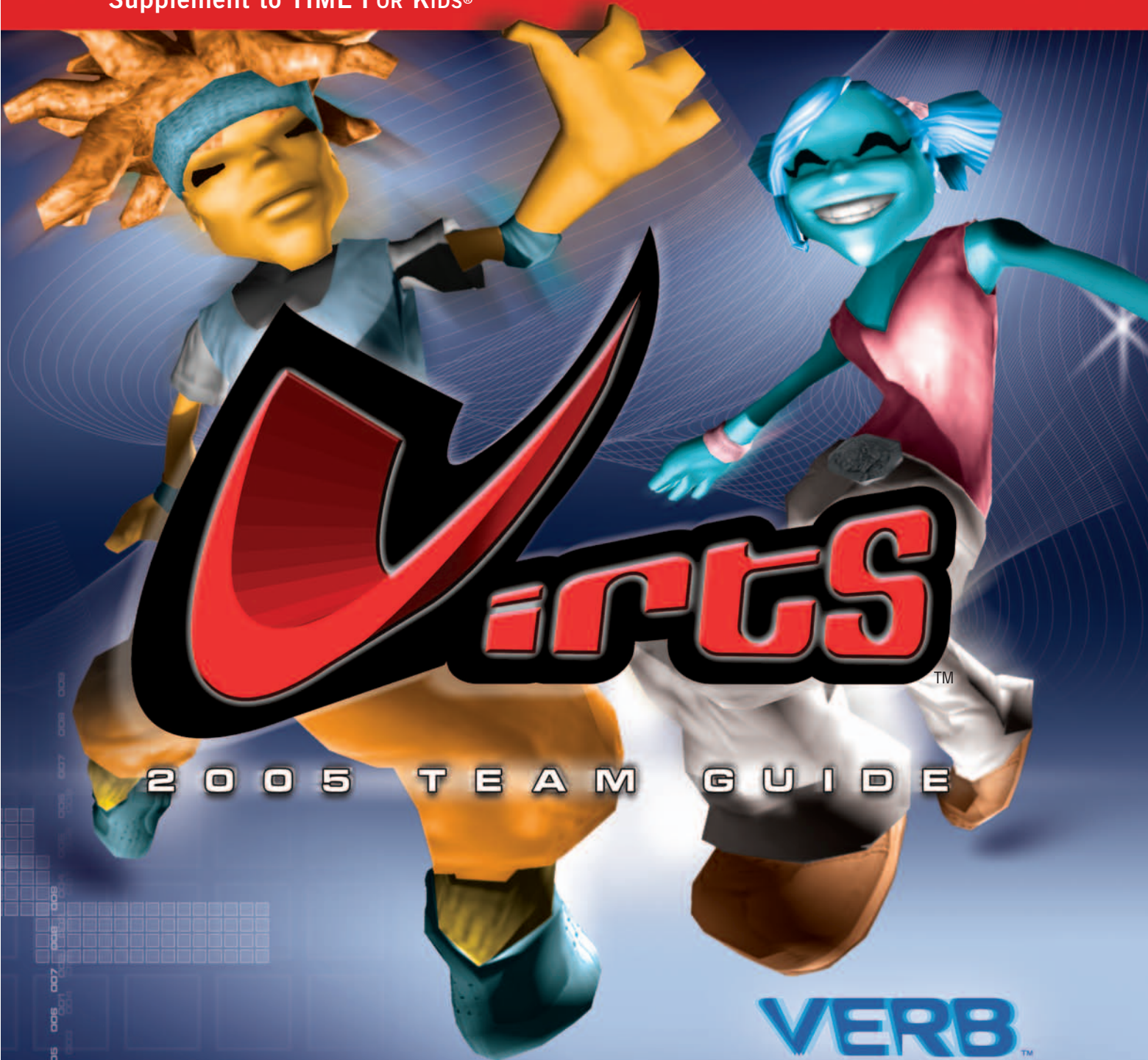


TEFK Extra!

Supplement to TIME For KIDS®



2005 TEAM GUIDE

VERB
It's what you do.



IT'S GAME TIME

The VERB™ VIRT™ team has one motto: Never stop playing. So they can't wait for the 2005 Season to begin. More than athletes, ViRTs are virtual players that run on your energy. Create one at VERBnow.com. Energize it by recording all the games you play. Then kick back (for just a few moments) and watch your ViRT move.

LAST SEASON ON THE VIRTs

Team ViRT took the league by storm last year. They won all of their games and took the championship in a blowout victory. What's in store for the VIRTs this season? More victories, more fun and, just maybe, a chance to judge *American ViRT Idol*.

THEY PLAY YOUR WAY



STEP 01

Pick your ViRT.



STEP 02

Pick your color.



STEP 03

Pick an activity.



YOU MOVE. THEY MOVE.

Athletes always say, "We owe it all to our fans."

VIRTs *really* mean it. If you don't create one and keep it energized, they don't exist. So get out there and move!



YOUR SEASON STARTS NOW
GET TO VERBnow.com AND CREATE A ViRT

BIOS

The Other Joker



MISSION: To work just as hard off the field as she does on it.
QUIRK: Her favorite expression is "It's on."
DEFINING MOMENT: Making her first real game-winning play. (She'd had tons before, but they all took place in her dreams.)
FAVORITE GAME: Hand Tennis
OFF-SEASON TRAINING: Working out to *ViRT Yoga* tapes.
BUMPER STICKER: ViRT on board.

Wise Yoga Superstar



MISSION: If boldness were an awarded quality, he would win the MVP.
QUIRK: He loves to win and, even more so, he loves to brag about winning.
DEFINING MOMENT: Was a contestant on *ViRT Survivor* this off-season. He got voted out because the other VIRTs didn't like his "attitude."
FAVORITE GAME: *Hip-Hopscotch*
OFF-SEASON TRAINING: He's always at the gym. Instead of dumbbells, he likes to lift smartbells.
FAVORITE ALBUM: *Play*

Fiddle Fencing Flyer



MISSION: To play fast and have fun.
QUIRK: She's a big health-food nut. Her favorite snack is virtual celery sticks.
DEFINING MOMENT: Ran the *Iron-ViRT Triathlon*. Afterward she was sad it was over, so she went back and did it again.
FAVORITE GAME: *Outdoor Bowling*
OFF-SEASON TRAINING: Her favorite workout machine is the Ab-Stair-Mill.
FIRST WORDS: Put me in, coach!

Astro Tag King



MISSION: To play by his own rules.
QUIRK: He enjoys long walks on the playground.
DEFINING MOMENT: Attending his first concert. He got jiggy wit' it.
FAVORITE GAME: *Roller Tag*
OFF-SEASON TRAINING: He'll often get pick-up games of Hop Hoops going with the kids in his neighborhood.
QUOTE: If you ain't playin', you be trippin'.

The Logging Jiver



MISSION: If you can't be the best, beat the best.
QUIRK: He likes running at night so he can look up at the stars. His favorite constellation is the ViRT Dipper.
DEFINING MOMENT: Playing on a championship-winning team.
FAVORITE GAME: *Free-Throw Football*
OFF-SEASON TRAINING: Going to the beach to run after the seagulls. One of these days he's going to catch one.
HERO: The Logging Jiver, Sr.

Mod Squash Star



MISSION: Her never-give-up attitude serves her well on the playing field.
QUIRK: She loves running up hills and rolling down them.
DEFINING MOMENT: Being born. She remembers every minute of it.
FAVORITE GAME: *Karate Ball*
OFF-SEASON TRAINING: Doing push-ups and push-downs.
MOST EMBARRASSING MOMENT: While watching *The Bad News VIRTs* at the theater, she was cheering for the VIRTs so much that she got kicked out for yelling at the screen. To this day, she still doesn't know if they won.



TRAINING CAMP

Check out how the VERB™ ViRTS™ get moving.

TIP OF THE DAY

ViRTS have skills, like this perfect bounce pass. For more great tips to improve your game, check out the Pro Tips page on VERBnow.com.



STEP 01

Hold the ball with your fingers spread apart.



STEP 02

Push the ball out from your chest, fully extending your arms. Snap your wrists outward.



STEP 03

Step toward the player you're passing to. Follow through with your palms away from the body.

FAVORITE GAMES

Find out why the ViRTS love their favorite games by trying them yourself. Also, check out the Game Generator on VERBnow.com for endless ways to play.

ROLLER TAG

WHERE TO PLAY: Outdoor basketball court, safe parking lot or street

Strap on your blades and protective gear, and grab some friends for a game of roller tag.

HAND TENNIS

WHERE TO PLAY: Local or school tennis court

Get a handball (or bouncy ball) and serve the ball over the net using your hand. All the rules of tennis apply. You can play singles, doubles, or try triples for a twist.

OUTDOOR BOWLING

WHERE TO PLAY: Backyard, park, playground, a safe street

Set up 12 empty soda cans in a triangle formation. Take a tennis ball and roll it to see how many you can knock down. Each person takes 10 turns, whoever knocks down the most wins.

HIP-HOPSCOTCH

WHERE TO PLAY: Playground, sidewalk

Draw your hopscotch squares and write in different dance moves inside each square. Then set your radio or CD player to hip-hop. The rules of hopscotch apply, but you need to do the dance move every time you land on a square.

FREE-THROW FOOTBALL

WHERE TO PLAY: Park, backyard, school field

For this game you will need a football and an empty garbage can. Set up the garbage can at the same distance as a basketball free-throw line. The object is to try to throw the football into the garbage can. Take five throws each. Whoever gets the ball into the can the most times wins.

KARATE BALL

WHERE TO PLAY: Backyard, baseball diamond, park

Form two teams and grab a kickball or soccer ball. The pitcher must throw the ball, and when the person at home plate kicks it they must yell out their best "Hiiii-YA!"

IRON VIRT TRIATHLON

WHERE TO PLAY: Park, backyard, school field

This hardcore event will test your skills big-time. To begin, jump in the pool. Swim the entire length of the pool underwater. (Feel free to come up for a breath if you need one.) Then jump out of the pool and onto your bike. Bike two laps around the block. (The faster you go, the quicker you'll dry off!) Then ditch the bike and finish the race by running to the end of the block and back. Everyone who finishes this ultimate test is a winner.

TO SEE TEAM ViRT IN ACTION VISIT
VERBnow.com

VERB
It's what you do.